**P3 Family Learning – Example**

Parents/carers – Please pick 1 task per week to complete and share via Teams or in class.

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| **Sports and Fitness*** I can regularly take part in a sports class or club.
* I can enjoy longer family walks.
* I am learning to cycle my bicycle.
* I can enjoy dancing to music with my family.
* I can use a variety of passes to throw and catch a ball.
* I can work to improve my fitness by completing an increasing number of reps of a specific movement, for example star jumps.
 | **Life Skills*** With an adult I can find out about ways to cross the road in Kincardine.
* I can read ¼ to and ¼ past on digital and analogue clocks.
* I can zip my own coat and independently tie my laces.
* I can help to prepare a simple lunch.
* I can design my own decoration for a cake.
* I can give change in a play scenario.
 | **Community and Outdoor Learning*** Talk about and prepare to share information about a club in my local area such as rainbows or cubs.
* I can identify and find Fairtrade products in my local shop.
* I can observe wildlife in their natural habitats.
* I can carry out an act of kindness for a family member or a person in my community.
* I can take part caring for a garden or outside space.
* I can talk about how to save energy in my home and make a plan with my family to put my ideas into action.
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| **Creativity*** I can dance/move along to music and follow actions/steps and choreography.
* I can create a symmetrical pattern.
* I can make a model of a boat.
* I can invent a new game to play in with my friends or in the playground. I can make it fair and explain the rules to others.
* I can make a homemade percussion instrument and play it, keeping a steady beat.
* I can act as a character from my favourite book, TV show, film or game for others to guess, using my voice, body and facial expressions.
 | **Health and Wellbeing*** I can talk about how to look after a baby.
* I can give examples of how to make friends.
* I can describe different jobs that adults do.
* I can sort foods as healthy or unhealthy.
* I can demonstrate skills when using kitchen equipment.
* I can use my senses to practise mindfulness – e.g. stand outside with my eyes closed and make a list of all the things can hear and smell
 | **Technology*** I can write a set of instructions, for example, build a lego model
* I can change my password on glow and remember it
* Read something online that you are interested in- pick 2 facts.
* Access Beebot app (Free) and explore levels 4-6.
* I can choose something from home for my Digital Learning Journal that shows I am a confident individual.
* I can talk to an adult about staying safe online
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